

Carrot halva with ginger and cardamom

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Ingredients

approx 12 mediums-sized carrots
10-12 green cardamom pods
1.5 litres (2½ pints) milk
150g (5oz) fresh ginger
4 tablespoons ghee
6 tablespoons sugar

finely ground pistachios,
or desiccated coconut to garnish



Method

Prep and cook time: 2 hours

Serves: 6-12

1. Peel and grate the carrots and put them into a deep, heavy-based pot with the cardamom pods. Pour in the milk and bring it to the boil. Reduce the heat and simmer for 1 hour, or until almost all the milk has been absorbed.
2. Peel the ginger and cut it into very fine matchsticks. Add them to the carrot and continue to simmer for about 20 minutes, until there is no liquid left in the pot.
3. Turn off the heat and remove all the cardamom pods from the carrot mixture, split them open to extract the seeds, and pop them back into the pot.
4. Heat the ghee in a wide, heavy-based pan and toss in the carrot, ginger and cardamom mixture, making sure it is thoroughly mixed. Cook over a medium heat for about 10 minutes, until it no longer looks wet. Toss in the sugar, reduce the heat, and cook the mixture for a further 10 minutes, tossing from time to time so it doesn't burn on the bottom, until it changes to a deep orange colour.
5. Serve the halva warm, garnished with a sprinkling of finely ground pistachios or desiccated coconut, or drizzle a little heated coconut cream over the top. Alternatively, you can leave the halva to cool, mould it into little balls, and roll them in icing sugar or desiccated coconut.